

Philosophy

The following material is what I personally teach. However, regional and personal differences will necessarily make for different experiences in every martial arts school.

Purpose of Karate Training

To stand for peace, harmony, and truth!

Dojo Precepts

Perfect one's character!

Dedicate oneself to others!

Uphold honor, bravery, and justice!

Never stop learning!

Obtain victory without conflict!

Mukso (Meditation)

Meditation warms up the mind before training, and cools down the mind after training. After training, meditate on what you did well, and what you want to work on next time.

Bowing

Shomen ni rei - Bow to the front

Otagai ni rei - Bow to each other

Traditions

1) Do not wear anything on your feet on the training floor, or anything that inhibits training.

2) Courtesy / Respect: Bow when entering and leaving the training floor. Bow when a teacher enters or leaves the training floor. Say 'Thank you' or 'Arigato' and 'Hai, sensei', 'Yes sir', or 'Yes ma'am' often. Ask the teacher first before you leave the floor for any reason.

3) Relationships: Teacher-Student (oyabun-kobun) and Senior-Junior (sempai-kohai). In Japanese tradition, the relationship of master and apprentice is comparable to that of parent and child.

4) Honor: Carry yourself in an honorable fashion in dealing with people in and out of the dojo. In the dojo, this includes respecting your classmates and teachers by giving them your best. Outside of the dojo, this includes doing the best you can for others.

Terms

Pronunciation - <http://en.wikibooks.org/wiki/Japanese/Pronunciation>

General Terms

Dojo	- 'Place of the Way'; training hall
Sensei	- 'One who comes before'; Instructor
Sempai	- Senior Student
Kohai	- Junior Student
Hai	- Yes
Osu	- A greeting used in various styles.
Karate-do	- 'Way of the Empty Hand'

Commands

Yoi	- Ready
Kiyotsuke rei	- Line up, bow
Jiyu kumite	- Free sparring
Hajime	- Start
Yame	- Stop
Mawate	- Turn
Seiza	- Formal sitting position
Mukso	- Concentration / Meditation
Shomen ni rei	- Bow to the front
Otagai ni rei	- Bow to each other
Tate	- Stand up
Moichido	- One more time

Counting

Ichi	- One
Ni	- Two
San	- Three
Shi	- Four
Go	- Five
Roku	- Six
Shichi	- Seven
Hachi	- Eight
Ku	- Nine
Juu	- Ten

(Note: 'Shi' may also be pronounced 'yo' or 'yon', since 'Shi' can also mean death. 'Shichi' is alternatively pronounced 'nana', and 'Ku' is alternatively pronounced 'kyuu'.)